



## **Pickett County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Pickett County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Pickett County School System that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved include the mental health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$103,889.00.

Community partnerships have been formed to address school health issues. Current partners include:

- |                               |                                    |
|-------------------------------|------------------------------------|
| ➤ UT Extension                | ➤ DCS                              |
| ➤ TTU Upper Cumberland        | ➤ Epilepsy Foundation              |
| Coordinated School Health     | ➤ Livingston Regional Hospital     |
| ➤ TTU Physical Activity       | ➤ Pickett County Health Department |
| Summer Workshop               | ➤ Byrdstown Medical Center         |
| ➤ TENNder Care                | ➤ Tennessee Public Health          |
| ➤ Family Resource Center      | Association                        |
| ➤ Upper Cumberland Council    | ➤ TAHPERD                          |
| on Children and Youth         | ➤ Cover Kids                       |
| ➤ CSH Coalition               | ➤ Volunteer State Health Plan      |
| ➤ MADD                        | ➤ Relay for Life                   |
| ➤ Tennessee Wildlife Resource | ➤ Overton/Pickett 911              |
| Agency                        | ➤ TN Project Diabetes              |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities that include school health teams, Safety Day, school health fairs, and nutrition classes. Currently, 15 parents are collaborating with CSH.

Students have been engaged in CSH activities that include school health teams, Safety Day, PCHS Health Fair, UT/CSH K-8 Health Fair, parent nutrition classes, Fitness Friday, PCHS Student Health Council. Approximately 720 students are partnering with CSH to address school health issues.

## **School Health Interventions**

Since CSH has been active in the Pickett County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers –1166 students have been screened and 920 referred;

Students have been seen by a school nurse and returned to class – 7912 student visits to school nurse, 6282 students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Since 2007, when CSH began collecting BMI data on students in grades K, 2, 4, 6, 8, and 9 Pickett County students have averaged higher BMI scores than the state average. BMI data for 2010-2011 shows a 2% decrease in overweight and obesity in Pickett County students over the last 2 years;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls, fitness rooms, playground equipment, archery equipment, tennis equipment and health curriculums, safety mats for gymnasium, and improvements to athletic field restrooms;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include school mental health plan, school safety plan, EpiPen, asthma, diabetes, and a TTU physical education workshop;

School faculty and staff have received support for their own well-being through fitness rooms, Biggest Loser program, Walk Across Tennessee, Take Action program, Weight Watchers at Work and staff health fairs that include medical assessments.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – diabetes awareness information, CSH school newsletter, purchase of Michigan Model health curriculum, tobacco prevention program, When You Can't Breathe Nothing Else Matters, UT Extension/CSH student health fair;
- Physical Education/Physical Activity Interventions – climbing walls, fitness rooms for students and staff, playground improvements, Presidents Physical Fitness program, student workout DVD contest, and Take 10! program;
- Nutrition Interventions – nutrition events during school lunch week, food journals, poster contest, Build a Better Plate Program, fresh fruit for break at high school in Fitness Friday Program;

- Mental Health/Behavioral Health Interventions – development and implementation of a school mental health program with identified partnerships with local providers.

In such a short time, CSH in the Pickett County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. Our staff work together to increase physical activity in the classroom, our physical education teachers are working to get students interested in new activities that may create a lifetime interest, and our nutrition staff are always assessing and looking for new nutritional foods to add to their program.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Lisa Cummings  
931-864-7123